

Men's Skin Care Routine: 7 Steps To Healthier, Younger-Looking Skin

Description

Most of the emphasis when it comes to our health is what's on the inside. We try to eat right, take multivitamins and get plenty of exercise. All of this is hard enough to fit into our schedules when we have kids, but many of us manage to do at least a little.

However, there's a crucial aspect of looking and feeling good that we tend to ignore. It's what's on the outside – specifically, taking care of our skin. As the largest organ in the human body, our skin requires a lot of special attention to keep it in good condition. That's why it's important for all men to remember some key steps for creating a successful skin care routine.

For example, teaching their sons to shave is a big moment for fathers. Unfortunately, the methods they teach aren't always the best for healthy skin. The recommended technique is to let the shaving cream sit on your face for a few minutes, then shave in the direction the hair grows.

Applying moisturizer after rinsing your face is necessary for keeping skin from becoming too dry. In fact, moisturization is more important than most men are willing to admit. Hydrating daily can reduce the appearance of lines or wrinkles, so you don't look older than you really are.

Protecting your outside is just as big a part of living a healthier lifestyle as caring for what's inside. Even if your schedule is loaded with work, parenting and other responsibilities, it doesn't take long to establish good habits that can make a difference.

To learn more about how to take better care of your body's biggest organ, look at the accompanying infographic. It contains simple measures that can lead to a more youthful appearance.

Infographic provided by [Blume Skin & Body](#)

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Date Created

2020/05/21